

# THE HAZARDS OF PORN

**Pornography use has the potential to cause the following problems:**

## **SOCIAL ISOLATION**

- Withdrawing from social activity
- Developing a secret life
- Lying to and deceiving others
- Becoming self-centered
- Choosing porn over people

## **MOOD DISORDERS**

- Feeling irritable and defensive
- Feeling angry and depressed
- Experiencing mood swings
- Pervasive anxiety and fearfulness
- Feeling powerless in relation to porn

## **SEXUALLY OBJECTIFYING OTHER PEOPLE**

- Treating people as sexual objects
- Judging people primarily in terms of their sexual body parts
- Disrespecting other peoples' needs for privacy and safety
- Being insensitive about sexually harmful behavior

## **ENGAGING IN RISKY AND DANGEROUS BEHAVIOR**

- Accessing porn at work or school
- Accessing child porn
- Participating in degrading, abusive, violent, or criminal sexual activity
- Producing, distributing, or selling porn
- Engaging in physically unsafe and harmful sex

## **UNHAPPY INTIMATE PARTNER**

- Relationship is marred by dishonesty and deception about porn use
- Partner views porn use as sexual infidelity, i.e. "cheating"
- Partner is increasingly upset and angry
- Partner is concerned about the welfare of the children
- Partner feels sexually inadequate and threatened by the porn
- Relationship deteriorates due to lack of trust and respect
- Loss of emotional closeness and mutual sexual enjoyment

## **SEXUAL PROBLEMS**

- Loss of interest in sex with a real partner
- Difficulty becoming aroused and/or achieving orgasm without porn
- Intrusive thoughts, fantasies, and images of porn during sex
- Becoming sexually demanding and/or rough in sex
- Having difficulty connecting love and caring with sex
- Feeling sexually out of control and compulsive
- Increased interest in risky, degrading, abusive, and/or illegal sex
- Growing dissatisfaction with sex

## **SELF-LOATHING**

- Feeling disconnected from personal values, beliefs, and goals
- Loss of personal integrity
- Damaged self-esteem
- Persistent feelings of guilt and shame
- Feeling controlled by porn

## **NEGLECTING IMPORTANT AREAS OF LIFE**

- Personal health (sleep deprivation, exhaustion, and poor self-care)
- Family life (neglecting spouse, children, and household responsibilities)
- Work & school pursuits (reduced focus, productivity, and advancement)
- Finances (spending on porn depletes resources)
- Spirituality (alienation from faith and spiritual practice)

## **ADDICTION TO PORN**

- Craving porn intensely and persistently
- Difficulty controlling thoughts of, exposure to, and use of porn
- Inability to discontinue porn use despite negative consequences
- Repeated failures to stop using porn
- Requiring more extreme content or intense exposures to porn to get the same effect (habituation symptoms)
- Experiencing discomfort and irritability when deprived of porn (withdrawal symptoms)